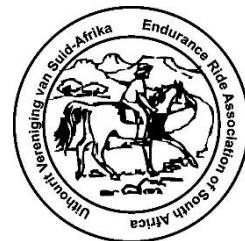


ERASA NEWSLETTER



ISSUE NO 12 | OCTOBER 2022 |



To all our ERASA members

We had a very successful SAIC 2022 event that was hosted at the Sondela Nature Reserve at the beginning of October and would like to congratulate all the winners, but also each person that finished the very hot and challenging 160 and 120 km events. Congratulations to all the provincial team winners.

Next year's SAIC will be held at the Louvain Guest Farm in the Western Cape at the end of May 2023 and are we hopeful that this again will be an international event with Namibia. See article from Western Cape Province regarding SAIC 2023.

We have decided to only issue the newsletter every 3 months and again reach out to all of you to provide us with your horse stories, interesting articles, and other fun horse facts that we can include in future newsletters. Please email these to Charmaine at erasagm@erasa.co.za.

Due to changes to the SAIC 2023 date, clubs were requested to provide additional dates for their rides and this has resulted in a delay of our ride calendar for 2023, the ride calendar will be available on the 15 November 2023.

ERASA unfortunately had some positive results during drug testing at events, and again we ask all the trainers, riders, and responsible persons to make sure the feed, ointment and supplements that they give our horses does not contain any banned substances. All substances can be checked on the FEI website ([Clean Sport for Horses - FEI Prohibited Substances List | FEI](#)) or via the FEI clean sport app. Also see article around "How safe are supplements?" in this newsletter. Please help us make endurance riding a clean sport.

Registrations for the new year will open towards the end of November, please ensure that ERASA has your correct email address and keep an eye open for an email regarding 2023 registrations. ERASA has not increased registration fees for 2023.

We wish you all a Merry Christmas and a Happy New year and we will talk again in the new year.

Stay safe and Lekker Ry

SAIC Individual winners

160 km

Young rider: Christine Kahn on Maximo
Light weight: Lara le Roux on Koringkloof Enzahi
Standard weight: Lanel van Niekerk on Jozami Manissa
Heavy weight: Jaco Nortman on JNM August Rush

120km

Child: Lari Brand on Akasha Edgar
Young rider: Gian Steyl on Steyl Nightraven
Light weight: Lara le Roux on Welbech Jamal
Standard weight: Anso Nel on Axrek Waldo
Heavy weight: Andries Swart (jnr) on El Nize Warrior

Provincial Team Results

120km

Heavy weight: Northwest

Light weight: Northwest

Standard weight: Northwest

Young riders: Gauteng

WCERA NEWS

SAIC 2022

We are extremely proud of our riders which competed at SAIC 2022. Special mention to.

- Lara Le Roux on Koringkloof Enzahi winning the 160km Light Weight
- Ando Nel on Azrek Waldo winning the 120km Standard Weight

SAIC 2023

WCERA is honoured to be awarded SAIC 2023 which will be held, outside the surveillance zone, from 23 – 27 May 2023.

The event will be hosted at the Louvain Guest Farm, situated in the Upper Langkloof Valley, halfway between George and Uniondale on the N9 in the Western Cape.

Pre-ride for SAIC 2023 is confirmed for the 4 March 2023, further information to follow.

We are looking forward to hosting the endurance riders from all over South Africa and Namibia! Rest assured, only the best Cape hospitality will be on show! Come and enjoy the beauty of the Klein Karoo with family and friends.

Kind regards,

DP Burger

WCERA Chairman



HOW SAFE ARE SUPPLEMENTS?

We all want the best possible care for our horses. Most owners try to source the best fodder possible, and research the use of additives and supplements to enhance their horse's health and performance. All sorts of supplements are freely available. These often come with glowing advertising suggesting a wide range of the advantages that they will bring to your horse. Ultimately the adult Person Responsible/rider is responsible for any Banned or Prohibited Substance found in a horse that is tested during a competition. However, it is best to be aware that not all supplements are good, and some may be harmful.

- Sometimes not all the ingredients are listed, or are given as "Herbal" or "Natural"
- The concentrations listed may be incorrect
- The names of the ingredients may be alternative or older names so that they appear to be safe
- Not everything that is Natural is healthy
- Your pharmacist is unlikely to know what may and may not be used in horses.

So, when in doubt

READ THE LABELS VERY CAREFULLY
ASK SOMEONE WHO ACTUALLY KNOWS, OR CAN FIND OUT
USE THE FEI PROHIBITED /BANNED SUBSTANCES LIST ON THEIR WEBSITE
USE YOUR COMMON SENSE, AND DON'T LEND YOUR EARS TO UNINFORMED PEOPLE
KEEP ALL MEDICATIONS AND SUPPLEMENTS UNDER YOUR OWN CONTROL

Lesley Te Brugge BSc BVSc

RULE REFRESH NO 12

BANNED SUBSTANCE

Rule 9.2.3 stated the following around the responsibility of the responsible persons:

1. Labels on veterinary preparations, proprietary medicinal products, tonics, herbal remedies, and manufactured compound feeds do not always list the constituents in full. These products may therefore contain prohibited substances.
2. Many substances can be absorbed through horses' skin (especially, but not only, when the skin is damaged or inflamed) and may be detected by an analytical laboratory.
3. Riders, owners, trainers, grooms and veterinarians are cautioned against the use of herbal medications, natural products and products of any kind when the ingredients and quantitative analysis are not known in detail. Many of these products may contain one or more prohibited substances. Claims that these products do not violate the ERASA rules or are undetectable by drug testing are made by the manufacturer at his sole responsibility and are not verified or approved of by ERASA.
4. Stable management and feeding practices can have important consequences for testing of horses during competition. Occasionally, horses test positive for substances which, although they could have been administered, could also have been the result of stable or feed contamination. However, stable and/or feed contamination does not diminish the responsibility of the rider for the test result.
5. No one other than a veterinarian is allowed to bring any prohibited substances to the venue of an endurance ride

Please read through Chapter 9 of the rules and ensure you understand your responsibility as a trainer, rider and responsible person. [Chapter 9 -SEPTEMBER 2020.pdf \(erasa.co.za\)](#)